CAM-MIND NEWSLETTER

On-Footse Fundraiser is a Great SUCCESS.

Runners from Cambridge firms competed to see who could sprint a mile around the Cambridge University Athletics track fastest.

Full report page 2. More pics page 1

"On-Footse" TOP 100

100 Companies
100 Runners
1 mile each

****THE WINNERS ****

Men's winner Mazeyar Firouzi from CSR

Women's winner Rebecca O'Rourke from Cambridge University Press

Left to right – Running for the Co-operative on Chesterton Road is Ben Anderson, Chloe Anderson, Camilla the Cam-mind Chipmunk & Sarah Jebb

MEET SOME OF THE GANG AT THE CAM-MIND ALLOTMENT!

If you would like to join our group please contact Hannah at the Cam-mind Office

John, Eileen, Karen, John, Sandra & Patrick

Peace, quiet, friendship and lots to do together

Autumn/Winter 2010
Barrere House,
100 Chesterton
Road, Cambridge CB4 1ER

Tel: 01223 311320 Fax 01223 356947
Email: admin@cam-mind.org.uk
Web: www.cam-mind.org.uk
Registered Charity No. 265087

mind For better mental health

Approved Provider Standard

mhfa

MINDFUL EMPLOYER

On-Footse 2010 - the Gallery

Businesses Battle it out for 'On-Footse' Top 100 Title

This year's On-Footse races took place on Sunday October 3rd at the University Athletics track, Wilberforce Road. A brilliant morning was enjoyed by everyone and thankfully the rain held off until it was time to clear up. The men's race was won by Mazeyar Firouzi from CSR with Rebecca O'Rourke from Cambridge University Press claiming the women's title. Rebecca also won best women's runner with age taken into account, and Giulio Cinque from the Giulio fashion and beauty store in King Street won the title for best man with age considered.

As well as the races, there was a hog roast, tea, coffee and soft drinks for sale and stalls such as tombola, books, cakes and toys to keep both runners and spectators amused.

Our President, Charles Hewitson, said "This has been a wonderful day and the runners have put in a terrific performance. There was also, I should say, a great deal of effort put in by other runners, regardless of the time they did the mile in" He also said he hoped to help raise even more money for Cam-mind and encourage even more runners to come forward next year in order to ensure that the event is a continuing success year on year.

Thanks go to all the volunteers who helped to make this event possible, helping beforehand, encouraging people to take part, baking cakes for us to sell, doing jobs on the day and also to Simon Everett for the wonderful photographs and to Cambridge News for their support.

Full results, race times and more pictures can be found by logging onto www.footse100.org

Cambridge News Press Relief Community Fund donates to Cam-mind

Bob Jackson from Press Relief visiting Aly and Alison at Cam-mind on 8th September.

We are very grateful to the the Press Relief Trustees who donated £850 to Cam-mind for a laptop to be used for MHFA and other training sessions and for us to buy a digital camera to record all our special moments at Cam-mind.

INVIGORATE

PHYSICAL ACTIVITY SESSIONS FOR MENTAL HEALTH SERVICE USERS IN CAMBRIDGE

Activities include:

Football, Gym sessions, Tennis, Badminton, Multi-sport activities, Yoga, T'ai Chi, Swimming

Sessions are co-ordinated by Cambridge City Council and are supported by Cambridgeshire + Peterborough Mental Health Trust and Cam-mind.

Sessions are fun and are provided at a subsidised rate. Membership to join the programme is free, but essential. For more information on the programme, to join the scheme or to request a latest edition of the Invigorate activity brochure, please contact 01223 457000 or e-mail: sportsdevelopment@cambridge.gov.uk

Cambridgeshire and Peterborough NHS

CAMBRIDGE CITY COUNCIL

change 4 life

Hello all at Cam-mind,

I just wanted to share my bit of good fortune with you which came in the form of a motorcycle.

I live in a small South Cambs Village that has only a skeleton bus service and nothing much ever happens.

I felt very depressed & isolated until this bike became available & affordable to myself; it is classed as Vintage, being 30 years old.

It was cheap to buy because it had been left out to the elements for some time and was very rusty, but after spending several months cleaning it up, it is now quite presentable and I am proud of it.

I now have it on the road just in time for the sunny days, it has given me a purpose in life, but most importantly my independence and a sense of pride.

My message to all service users is don't give in to depression, and I would like to thank Cam-mind for their help.

Love & Best wishes...John Dargon (Service User)

Sadly one of our volunteers died on 20th August 2010 .....

MY MEMORIES OF INA

Ina was a valuable and loved volunteer of Cam-mind for many years. During this time she contributed much to the clubs and social activities. In 1998 Ina joined the newly formed Sunday Lunch Club, always arriving with a delicious vegetarian dish and sometimes her popular rice pudding. As Ina's health began to fail she still insisted on coming to the club which she considered part of her extended family. She was a 'listening ear' for members during lunch. I, with other volunteers, attended Ina's funeral service in the packed St Luke's Church where many tributes were paid to her interesting life of deep care and concern for others. We also heard of her involvement in many other activities in Cambridge.
Ina will be much missed.

Jane Ellam

Au revoir Ina

To our dearest Ina
There was no one finer
To raise a good giggle
Making and serving nibbles all round
And your voice such a charming sound
The Sunday club was fun with you there
Such pretty well groomed hair
Ever present in a hug
To help us all feel so snug
I will personally remember you always
And hope you have gone to a good place
To further expand your special grace

By Gill Drake

CAM-MIND SERVICE USER EVENTS STILL TO COME

TRIP TO ELY ON PUBLIC TRANSPORT
Saturday 4th December

CHRISTMAS PARTY
Sunday 12th December

1940S TEA AND CAKES AFTERNOON
Saturday 15th January 2011

Details of times and venues etc will be issued nearer to the date of each event.

MIND CALENDAR

Cam-mind art group members submitted some wonderful pictures to Mind for consideration for the 2011 calendar. Unfortunately we were unlucky this time but best of luck to all group members for next year.

GOOD BYE TO JANE AND FLISS and thank you for being our volunteers at the Cam-mind art group. We shall miss your friendly faces on a Tuesday morning and wish you lots of luck in the future.

Thank you to Angela Taptiklis for donating a new monitor for use with our club room computer and for always bringing in bags to use in our worktop compost bins.

WELCOME TO LIMA AND CAMILLA

who have joined the art group as our new volunteers. Camilla is also our volunteer at the textile group. Your help and enthusiasm are very much appreciated. A big thank you to Lima for tidying up the art shelf and many thanks to Camilla for wading through all the bags and sorting out the textile corner. It's great to be able to move around in the store cupboard!!

********New look ********
To the Textiles Group

Our new volunteer, Camilla, has some exciting ideas for working on group projects such as cushion making, patchwork and fabric printing. If you would like to join this group please contact Hannah in the office.

Summer Barbecue

Everyone had a lovely afternoon at the barbecue held on Saturday August 21st. Thanks go to Simpers for loaning us the barbecue to cook all those burgers on, to Lucy, Co-op Manager at Chesterton Road and to Rethink for their donations.

Support group welcomes OCD Researchers

Two researchers from the Behavioural and Clinical Neuroscience Institute, at Cambridge University, joined Cam-mind's OCD Support Group members on 20 September to talk about some of the latest research going on into OCD (Obsessive Compulsive Disorder)

Claire Gillan and Valerie Voon talked to the group about some exciting research projects they have been working on – some of which have involved members of the support group.

The research projects involve volunteers in a range of computer-based tasks and in having an fMRI brain scan. Comparisons are then made between the volunteers who have OCD and the control group who do not.

Representatives of the OCD group will be attending the OCD UK Conference at Churchill College, Cambridge, on 4 December. Titled "Two Fingers to OCD," with the sub-heading "Victory over OCD – An OCD-UK conference of education, guidance and inspiration," the event promises a wide range of highly acclaimed health professionals and inspirational speakers covering a diverse range of OCD related topics. Members of the Cam-mind group will be attending both for their own interest – and to publicise the support group to local attendees who might not be aware of it.

If you would like to know more about this group, please contact Aly Anderson on 01223 311320

BEDS

Beds are something that people like to get each other into. Curling up and having fun. I miss the bed shop. You know, the little one down East road. I have a bed: it has those amazing little wheels.

I like being in bed especially on Sundays till gone eleven. I wear pyjamas in bed but that is what I choose to do. People get jealous because one bed could be better than the other.

On holiday I don't mind going to a warmer place if the beds are really clean. Young children go to bed early probably around seven. Night gear on and off to bed

You can get some really nice stuff to decorate your bed. Throws can be really good, as well as duck down quilts and nice clean linen.

Some people that are married do not share the same bed. They have two little single beds. Some beds can be low pine ones and others could be bunk beds.

Most people go to bed at about ten or eleven and get up at about eight or nine or ten in the morning. I'd like to have a thorough look around to choose a bed that is suitable - there is bound to be a lot of choice.

It's not just young people that go to bed you know. Even the old ones are still at it. Why not enjoy yourself while you can!!

Marcus Willis

Friendship

My favourite thing is friendship. I am fortunate enough to have several delightful friends who are each magnificently kind and supportive and I count myself amazingly lucky! It is thrilling to open my diary to find that I shall be meeting them shortly. Whether it is a coffee in town or a meal out in the evening, I feel full of excited anticipation and I have a spring in my step. These meetings significantly enhance my life. Indeed initially I can be in need of a boost to the morale and, after a short while in their lovely company, I am lifted and positive and ready to face any challenges with fortitude.

However, it is of course about mutual support, so I try to be a good listener and to offer reassurance whenever possible. It is wonderful to be on the same wavelength! Most of my friends have mental health issues too and my belief is that this only serves to bring us closer. There is a special understanding between us. Just knowing that your friend is there for you and willing to listen and to encourage you makes all the difference in the world! My oldest friendship is with a really lovely man who is just like a delightful brother to me. We telephone every week and always make each other laugh. However we are equally able to be serious. Then, in the midst of an earnest conversation, suddenly light-hearted banter steps in and the inevitable jokes follow on. It is most refreshing to cover this wide spectrum and very enjoyable indeed! My spirits are lifted and life appears much easier to cope with afterwards.

Of course, each friendship is unique, but at its heart lies the same principle; two people accepting, trusting and supporting each other when times are challenging and equally when they run smoothly. None of them are fair weather friends: on the contrary, they insist I contact them when my days are dark, so they can reassure me.

Friendship is like a beautiful rainbow cheering up the sky. It banishes loneliness and accepts you just as you are. Knowing these remarkably kind people is a great honour and a true privilege and sweetens my every day immeasurably!

Maxine Nichols

mhfa mental health first aid

MHFA gains momentum

mhfa mental health first aid

By Aly Anderson

Our Mental Health First Aid (MHFA) training has really gained momentum in the second half of this year, with seven courses being delivered during the last three months of the 2010.

This includes two courses being delivered for employees of Cambridgeshire NHS Trusts . One of these has been in Cambridge, led by Cam-mind, and one in Huntingdon, led by Hunts Mind. We are also mid-way through delivering two courses to the Medical Research Council (MRC) at Addenbrooke's Hospital, working alongside fellow MHFA instructors Dr Joy Bray - Addenbrooke's Mental Health specialist nurse - and local service user trainer Jeannette Harding .

Within Cam-mind itself, 12 of our new volunteers and support workers are currently completing the course as a four-part 'night class', with another course for volunteers planned for early in the New Year.

By the end of the year Cam-mind will have been involved in delivering an impressive 16 courses so far, which means we have helped train a total of around 160 local people in Mental Health First Aid skills.

New for 2011

In the New Year I am training in the new "Youth MHFA" – a course specifically designed for people who work with or care for young people. We hope to be able to start offering this course by spring 2011.

HAVE A LAUGH – IT'S GOOD FOR YOU!

By Aly Anderson

The weather may be a bit grim and economic times are tough, but laughter is definitely on the list of priorities at Cam-mind over the coming year.
Having just completed a course in "Laughter Facilitation", we hope to be offering Laughter Workshops to service users, volunteers, workplaces and, well, to anyone else who is interested. . .

While it might sound a bit "out there", laughter workshops are based on the solid scientifically-proven fact that laughter and smiling is very good for us – both physically and mentally. Moreover, it has been shown that FAKE laughter and smiling are just as good for you as the real thing!

Laughter workshops involve elements of yoga (in terms of yogic breathing) with fun exercises/activities – including the sorts of silly games we might play (and enjoy) at Christmas but rarely do at any other time.

Laughter Yoga was developed by the Indian physician Dr Madan Kataria. According to this concept anyone can laugh for no reason, without relying on humour, jokes or comedy.
The first laughter club was held in a park in Mumbai in March 1995 with only 5 participants but now there are over 6000 laughter clubs in 60 countries - just showing that there is a need for laughter all over the world.

Judy pictured with Geoff Bain at the Cam-mind Centenary dinner in the Masonic Lodge, Bateman Street , in June 2008

We were very sorry to hear of the death of Judy Binge who had been a Cam-mind service user for many years.

Floral tribute sent by Glenda Jeeps and Maureen Spicer – friends of Judy.

Judy died on 14th October and will be remembered by many people who knew her over the years at Cam-mind, for her friendship but also for all the fundraising work she helped with in the past to keep the clubs running.

OUR BEST WISHES TO GRAHAM PARKS, Cam-mind resident, FOR A SPEEDY RECOVERY and hope you will soon be home from hospital.

To Bob (our potter) and Lou. We are all thinking of you and hope that you soon manage to get your home back together again after the fire. Good to see you back at pottery group this week.

Thank you very much to Ian Jennings for donating a lap top computer to Cam-mind

Thank you to Martin Ward who works very hard to keep our website looking so good www.cam-mind.org.uk and thank you for all your hard work on the On-Footse website as well. www.footse100.org

Hello, my name is Adele McCormack and I am the Service User Engagement Worker for Adult mental health services in Cambridgeshire.

My post is funded by the mental health commissioners from NHS Cambridgeshire and Cambridgeshire County Council but my post is managed in partnership by Cam-mind, Peterborough and Fenland Mind, Lifecraft and Hunts Mind .

The aim of my role is to consult with service users about the planning, design and evaluation of adult mental health services across Cambridgeshire (excluding Peterborough).

Since I have started this role, I have completed a number of service user consultations about specific services, for example the proposed changes to alcohol services, a service user review of the IAPT programme (primary care mental health service), consultation about the re-tender of the advocacy service and a review of the use of the recovery star. I have also done some work on evaluating an older people's mental health pilot project.

From my observations about service user involvement within the county I organised an event for service users to look at how to make better links between service users across the county and the mental health commissioners. From this event we have set up a service user network where representatives from service user forums meet to share ideas. The network will also act as a framework where information about service changes and consultations can be passed to the representatives to share with other service users.

I am aware that Cam-mind have a service user forum. If you would like to be involved in the county wide Service User Network then please contact me at adele.mccormack@huntsmind.org.uk or alternatively on 07827 971708.

Look forward to meeting you.

COULD YOU BE A FRIEND TO SOMEONE ?

1 – 2 hours each week could help to change someone's life.

Please contact Hannah at Cam-mind if you can help

Fundraising News

We would all like to thank Kim Masson who raised a magnificent £1,604.52 for Cam-mind when she ran in the West Highland Way Race last June. Once she recovered Kim wrote a report for us about her achievement....

"I would like to start by thanking everyone who sponsored me and supported me generally. My own team made me a lovely breakfast on return and I got a Superwoman card which I proudly display on my very untidy desk!

95 miles along the west highland way, off road with over 12, 000 feet of uphill is like climbing Ben Nevis 2 and a half times. Well, I had forgotten how hard it was, 9 yrs ago I did it before and it's funny how your memory fades. The start was just outside Glasgow at 1am Saturday 19th June, yes, 1am when I should have been sleeping ;like everyone else! 130 of us started and I think 109 finished in the time allowance of (35 hrs). Running in the dark with a head torch is a strange thing to do, especially if your batteries are low! As the sun came up it was beautiful, the countryside was so breathtaking, I had forgotten how wonderful Scotland is. Loch Lomond and Ben Lomond were stunning. The further north I went, the more dramatic the scenery and awesome the mountains were. The checkpoints came and went, and I seemed to be feeling OK. My legs were aching but nothing I couldn't manage. The terrain made it very challenging and at times I had to concentrate hard on where my feet went so not to trip or kick boulders and rocks too much. Even so my feet became sore and toenails have all since dropped off (sorry too much detail!)

I drank so much sports drink my teeth felt like they were made of sugar. The sticky goo from the drinks was all down my back from my rucksack. Bananas went down well and so did my biscuits. Towards the end my feet and legs ached so much I thought they would seize up, but they didn't. Mentally at times it was very tough, I had my lows and doubts, but I kept thinking about Eddie Izzard and his achievement and other people I look up to and admire. I did lots of self talk and encouragement and also my support team were great at check points and running the last 2 legs with me was fantastic especially as I was starting to go into the next night. I have to say I was glad to finish in one day 23 hrs 58 minutes and 30 seconds (yes runners are that precise!) I felt for all those other runners out a second night. The finish is odd as it seems an anti climax at the leisure centre in Fort William, I was offered a dram but I needed my bath and a bed at that point.

Two days rest and I was starting to think, ok what can I do next? It is amazing how quickly the body heals and also the mind. I cannot believe I did it, even now, I ask myself how??? I also know many people that do many amazing things, and it makes me wonder, if we don't push ourselves, how will we ever find out what we are capable of. I was very nervous before I started this run, fears of letting others down, fears of making a fool of myself (I am getting older!). I have to say very quickly those anxieties/worries settled and I enjoyed myself, both the challenge and the running itself.

Running is something anyone can do:

1) it is shown to be good for well being and good mental health and helps depression
2) It gives you a natural feel good factor
3) It has been shown to help concentration
4) Improves self esteem
5) Social networks associated with running or exercise

What to do before starting :

1) get a GP to give you the once over
2) start slow with walking breaks and short times out e.g 5 or 10 mins and gradually build up 5 mins every week or fortnight, at least 3 times a week to reap the benefits
3) wear trainers that fit
4) get out and go !"

Thank you to John Wiltshire for raising money for Cam-mind during the Open Studio weekends in Cambridge. Whilst inviting people to come and see his work John sold cordial and cakes and raised £159.75 for Cam-mind.

£443.40 raised at Sainsburys on 1st & 2nd July. A very big thank you to all our collectors during these

£700.10 raised at Waitrose during a very busy weekend on 17th & 18th September. Many thanks to all who collected.

Thank you to the staff in the Co-op, Chesterton Road, for giving pumpkins to our Sawston group for Halloween.

Thank you to Sally and all the volunteers who helped at the Cam-mind stall at Big Day Out on 10th July. They managed to raise £182.90 and survived the 'baking' heat!

Many thanks to Nadia and the Britannia Building Society for raising £39.24 from the sale of books in their Cambridge branch.

Thank you to those of you who have given foreign coins to Cam-mind. We managed to exchange them for £223.67. If you would like to bring foreign coins into the office we would be very grateful to receive them.

Thank you to Sheila McNally for raising £77.56 for Cam-mind during a gym class "dressing up

Thank you to Wardrobe in Cromwell Road for loaning us the Chipmunk outfit to use at fundraising events.

Thank you to Lucy Woor for organising a 1940s dance in Fulbourn Centre with half the proceeds coming to Cam-mind. Total raised & pics on page 14.

Well done to Renee and her helpers for collecting at the University Rugby Ground and braving the cold on 25th October and raising £61.63

Thank you to Karin Lack and the staff and customers at Waterbeach Stores for holding a collection box for Cam-mind. This time you raised £35.86 with a total since of April of £94.66.

WELL DONE to Renee and her helpers for raising £59.65 on the stall at Addenbrookes Outpatients' Department on 14/10/10 and an amazing £202.17 on 9/11/10. Many thanks to all of you.

NEXT DATE FOR STALL
IS DECEMBER 7th

If you can help please let Alison know in the Cam-mind office.

Thank you to Lucy and all the Co-op staff at Chesterton Road branch for having a collection during Halloween weekend for Cam-mind. Total raised will be in the next newsletter.

Thank you to Jo Richards for arranging for a fundraising banner and Cam-mind sign to be printed for us free.

Thank you to Alec Harris, Artistic Director of Crossroads Theatre Company, for donating free tickets to Cam-mind staff for the production of Murder Me Gently at the Mumford Theatre in September. Everyone who went along enjoyed the show very much.

Mental Health Online !

Help Shape the Vision

Would you like to get involved in exploring ideas about the design of new online systems to help people better manage their mental health needs?

OASIS is a new CPFT Informatics project to scope out the vision and strategy for supporting external users with online services. There are going to be some major changes in mental health services over the next few years such as greater personalisation of services, self directed support and use of recovery-based principles, most of which put the people who use services at the centre of provision. Factors like an increasingly open market, greater choice, personalisation of services, and GP budget holding will drive Foundation Trusts to consider new ways of providing services.

Nowadays technologies like broadband internet and mobile devices are widespread. They can be used to support mental wellbeing in many ways – not just information provision but all sorts of other methods that encourage self help and management such as: social networking, peer support, collaboration tools, and online care planning. Most of these applications already exist but the barriers to their use need to be identified and overcome, so that technology can be used to improve mental health and wellbeing.

We are looking for CPFT members, representatives of service user groups and voluntary/third sector organisations who have an interest in how modern communications technologies can be integrated with more people-centred approaches to provide some great new services over the next few years. For example, some ideas are to see how technology can help facilitate:

- structured support from friends and family.
- better integration of support from different organisations
- better information and support for self help and management

If you would like to be kept informed, you can join the email list. We also plan to set up small discussion groups to talk through ideas and requirements and are looking for people to participate. No special knowledge of technology or services is required for participation in discussion groups but we are looking for people who are forward thinking and can help think through requirements and ideas.

If you would like to be involved then please email rod.rivers@cpft.nhs.uk with either 'OASIS Mailing List' or 'OASIS Discussion Group' in the subject field.

OASIS – Online Access to Services, Information and Support.

Gill Drake and some of the Cam-mind Tuesday poets spent an enjoyable day at Milton Country Park in July reading the poetry of others but they also felt inspired to write something for us .....

Milton Country Park

Milton Country park is like no other park I have seen. It doesn't have any grassy plains but only paths going between trees and other foliage, and of course the lakes. Our visit lasted most of the morning and the park was beautiful in the summer weather The café served its purpose well and when we sat outside and read poetry, it was interesting and pleasant - very engaging. Reading other peoples poems is a good addition to what we normally do and we should start doing it more.
Milton Country Park is on the outskirts of Cambridge, but worth the long journey to visit.

Adam

Our Day Out

What a special day out we had.
All three of us happy and glad
At the Milton Country Park.
For the poets a happy lark
Sitting sipping our drinks for a while
And reading poems with style.
A warm happy day
We just wanted to stay
But had to come home
After such an adventurous roam
A small picnic was provided
And all ate well - enough said
The bus travelled at pace
Both there and back ace
So here is a poem that is
Dedicated to my poets who are the bizz

Gill Drake

You can't beat Milton

You can't beat Milton. Off and around that pond - apparently it is heated. Off on that bus, how incredibly exciting. Having the morning out on a fantastic day. A time to relax and enjoy things- not many people around.
Gill didn't do much walking. Gill unfortunately had a problem with her foot, so this hindered things. Tina didn't go on the trip. She missed out. Often men do a little bird watching on such a lovely day.
Going to the park we had a little problem- a dog played up at the back of the bus. He soon got off and going back was gorgeously fine.
Adam and myself walked around but got a little lost. Eventually we found our way. We sat on a bench outside the café and read poetry from a poetry book; but not loads as we were on holiday that morning.
I had a large coffee which was nice even though I had to ask for milk. My panini was heated up. It was not too long to wait.
I was nervous on the bus, but I could cope. I got there in the end.

Marcus Willis

If you would like to join the poetry group at Cam-mind we have spaces in the Wednesday morning session running between 10am – 11am.

Please contact Hannah at the Cam-mind office for more information.

MEMBERSHIP

CAM-MIND NEEDS YOU. If you believe in what we are doing and can afford a minimum subscription of £10 per person per annum, please join us. Part of our strength is dependent on the number and support of Members. If you can, complete and return this page to the Membership Secretary at Barrere House (full address below).

I/we wish to become a Member/Members of CAM-MIND. My/our details are as follows.

Title(Mr/Mrs/Miss/Ms etc).....

Initials.....Surname.....

Title (Mr/Mrs/Miss/Ms etc) .....

Initials.....Surname.....

Address.....

.....Post Code.....

Telephone No .....Date.....

It is helpful if you are able to complete the Banker's Order and the Gift Aid Declaration (if applicable). If you are joining as a couple, the Gift Aid Declaration needs only to be completed by one of you. The *date on the Gift Aid Declaration should be the first intended date of the payment of your Banker's Order. Should you wish to make your subscription by any other means, you are welcome to do so, completing the Gift Aid Declaration appropriately and if applicable.

GIFT AID DECLARATION

I confirm that this first subscription I am making on *.....and any subsequent subscription or donations I may make to CAM-MIND may be treated as Gift Aid donations and that I am paying income tax (or capital gains tax) equal to the tax you will reclaim on such donations.

Date as above. Signature.....

Full Name.....Address/Post Code as above.

BANKER'S ORDER

To The Manager.....Bank plc

Address.....Post Code.....

Please pay to Barclays Bank plc, Bene't Street, Cambridge CB2 3PZ (20-17-19) for the credit of Cambridgeshire Mental Welfare Association Ltd. Account No. 80211192 the sum of £.....(amount in figures).....(amount in words) commencing.....(date) and .....(frequency of payment i.e., annually, quarterly or monthly) until further notice.

This cancels any existing order to Cambridgshire Mental Welfare Association Ltd.

Signed.....Address.....

.....

A/c Name.....A/cNumber.....Date.....

Please return the whole of this page including the Banker's Order to the Membership Secretary, Cam-mind, Barrere House, 100 Chesterton Road, CAMBRIDGE CB4 1ER. Thank you.

If you would not be happy for your name to be published in our newsletter as a subscribing member please tick box. ☐

This newsletter was edited by Alison Humphreys. Please contact me at the Cam-mind office if you have any reports/items of interest to put forward for inclusion. 01223 311320 or admin~cam-mind.org.uk or by post to the office.

Contributions were gratefully received from: Adele McCormack, Aly Anderson, Hannah Turner, Jane Ellam, John Dargon, Gill Drake, Marcus Willis, Maxine Nichols, Adam, Kevin Gabbitass, Kim Masson and Rod Rivers.

Photographs in this edition were taken by: Renee Evans, Harry Bowyer, Simon Everett, Alison Humphreys and John Dargon.

Thank you to Susan Hilken for proof reading the finished copy.

Can't help singing???

Chesterton Community Choir

Would like to hear from you

Men and Women
Practice Thursday evenings at 7pm
St George's Church Hall, Chesterfield Road CB4 1LN
No auditions
No subscriptions
No attendance rules

Just singing for enjoyment
Tel: 01223 423374
for more details

Would YOU like to make a donation to Cam-mind?

It's so easy now – you can log on to **Justgiving.co.uk –** select Cam-mind in the Charity Box – followed by 'make a donation'. **Your support is very much appreciated.**

Don't forget to look at Cam-mind on the county archive site. A variety of past and present information is archived regularly:

www.ccan.org.uk

Cam-mind is now on Facebook. To find us log on to www.facebook.com and search for Cam-mind. Add us as your friend and apply to be ours !!

UNWANTED PRESENTS & JEWELLERY ?

Bring them to us!! Cam-mind would love to receive any items at our office to sell at fundraising events or to use as raffle/tombola prizes at our service user events. **Thank you**

*****EXCITING NEWS*****

BARRERE HOUSE REFURBISHMENT

Initial sketches have been made and these were displayed at the recent AGM with an explanation that the refurbishment was mainly to provide an improved resource centre for our work and extend cramped office space. These sketches and the explanation are currently on display in the club room at Barrere House.

Negotiation with the local authorities has been taking place to try and obtain a grant for this project and we are expecting news soon. In addition, we have secured a gift from a private benefactor. With the above funds we hope to be able to refurbish Barrere House to our full requirements.

We will be holding a meeting very soon for volunteers and service users to discuss this project and to keep everyone informed of developments.

Kevin Gabbitass - Trustee

THANK YOU TO LUCY WOOR FOR ORGANISING A 1940s DANCE

Left: Lucy Woor, Norman Osbourne (President of Fulbourn British Legion), and Lorna Woor.

The dance held in Fulbourn on November 6th was an amazing success and Lucy has donated £500 (half the proceeds) to Cam-mind. WE WOULD LIKE TO THANK HER FOR THIS WONDERFUL SUPPORT OF OUR WORK. If anyone else would like to organise an event for us please contact Alison in the Cam-mind office.

Left: Sam, Lucy Woor, Norman Osbourne (President of Fulbourn British Legion), Lorna & Peter Woor

NEW – SUNDAY BISTRO GROUP

The 2nd Sunday of the month has been totally revamped, and now has a 'Dining Out Vibe' - The mood is Bistro, and the atmosphere is warm, happy and up-beat.

Diners can now enjoy a 2 course meal cooked by a professional chef, with candle light and background music.

All this for just £4!

If you would like to join this group, please contact Hannah in the office.

SUNDAY LUNCH ON LAST SUNDAY OF THE MONTH WITH JANE ELLAM AND VOLUNTEERS IS STILL RUNNING AS USUAL.

Our very best wishes go to volunteer, Louise De Ste Croix, who is unwell at the moment – we hope you will be back soon.

Sunday Lunch Drawing by Jasmine, aged 13 who is Louise's nelce

Cam-mind AGM 14th October 2010

It was great to see so many people at the AGM this year. There was a good atmosphere and the meeting and buffet reception was attended by the Deputy Mayor, Cllr Nimmo-Smith as well as other people interested in our work, volunteers, service users, staff and friends.